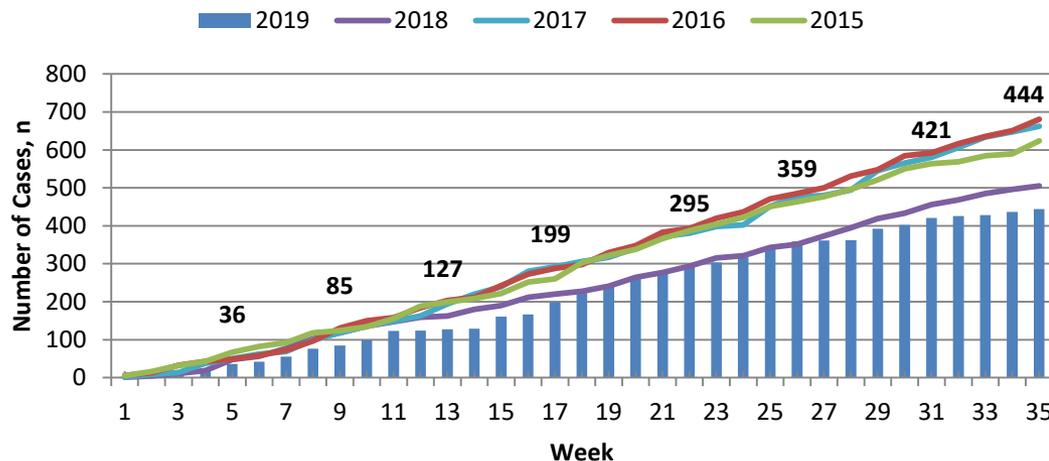


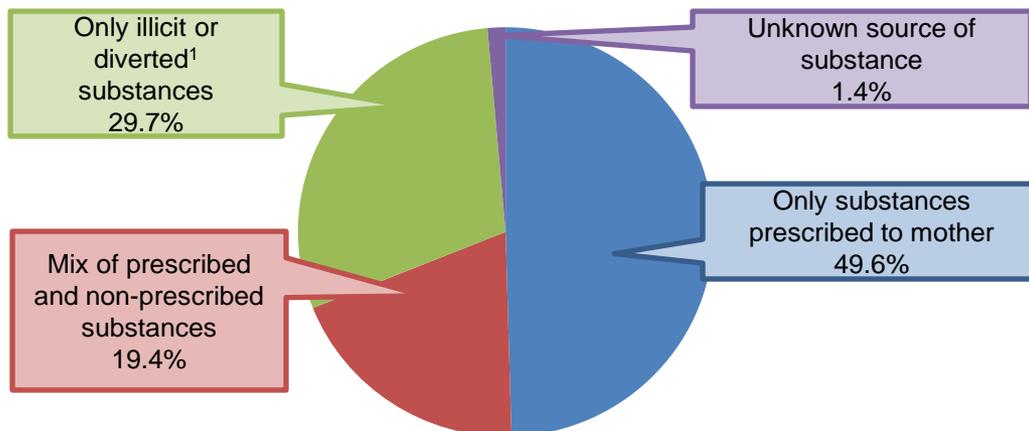
# Neonatal Abstinence Syndrome Surveillance

## August 2019 Update (Data through 08/31/2019)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **444 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**69%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2019 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

**NAS Prevention Highlight – The Next Door Addiction Treatment for Women** is a non-profit organization dedicated to serving women in crisis and provides services to women who are impacted by addiction, mental illness, trauma and/or incarceration. The organization provides recovery and re-entry services exclusively for women in the Nashville and Chattanooga areas. The Next Door Chattanooga offers a unique program in partnership with the Tennessee Department of Correction. Prior to release from prison, women are transported to the Next Door Chattanooga's Correctional Release Center. While there, women work toward gaining job and life skills needed for re-entry into society and are equipped for independent living, free from drug and alcohol abuse. For more information visit the website at <https://thenextdoor.org/>

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	284	64.0
Legal prescription of an opioid pain reliever	25	5.6
Legal prescription of a non-opioid	25	5.6
Prescription opioid obtained without a prescription	119	26.8
Non-opioid prescription substance obtained without a prescription	51	11.5
Heroin	32	7.2
Other non-prescription substance	94	21.2
No known exposure	2	0.5
Other	13	2.9

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	8	1.2
East	83	16.1
Hamilton	13	4.7
Jackson/Madison	0	0
Knox	36	10.5
Mid-Cumberland	46	4.3
North East	75	33.9
Shelby	36	4.1
South Central	35	11.0
South East	18	7.4
Sullivan	34	35.0
Upper Cumberland	44	17.5
West	16	4.5
<b>Total</b>	<b>444</b>	<b>8.4</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

### Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

### Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

### Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/nas>

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